



Chef Charles Says...

A newsletter for congregate meal participants for the month of August

Please read carefully.
We have new information in this section for August 2011.

The 2010 Dietary Guidelines for Americans were released in January, 2011. The guidelines continue to encourage people to eat better, exercise more and make both a part of everyday life.

In June, 2011, the new nutrition icon was introduced, named **My Plate**. Over the next few months, we will look more closely at My Plate.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program, or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In lowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site to understand that the SNAP program can make a big difference in their food budget. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.







Pick a Better...

Props:

- Prune package
- Whole egg

Activity

Egg

There is a change in today's egg. It has less cholesterol and more vitamin D. The new egg averages 186 mg of dietary cholesterol, down from 212 mg in 2002. A typical large egg, yolk plus white, now provides 41 IU of vitamin D, up 64 percent from the last measurement. The changes are due to a combination of chicken breeding and changes in the hen's diet. Specifically, farmers give egg-laying hens vitamin D enriched feed. That change is important because there are few food sources of vitamin D. Remember that 41 IU of vitamin D is only seven percent of the recommended daily amount of 600 IU for people under the age of 70. After 70 the recommendation is 800 IU. Eggs are not the culprit for causing high cholesterol that they were once thought to be. Limiting saturated fats and trans fats is most important. Eggs do not have large amounts of these fats. All the cholesterol and fat in an egg is in the yolk, but the yolk also is where vitamins and other nutrients are found. An egg white provides about the same amount of protein as an ounce of meat.

Source: USDA Agriculture Research Service, February, 2011.

Healthier Egg Preparation:

Try making an omelet with one whole egg and two egg whites. You have the flavor and texture of eggs with less cholesterol and saturated fat.

Hold up the picture of the prune package and ask: What do you call this food item? If you will notice, it is no longer called just a prune but a dried plum. It has a new image. Would you agree?

Hold up the whole egg. Please tell me the name of this food. *Answer:* egg. The Chef Charles article about eggs shares that eggs have a new image as well.

Read the yellow highlighted message. And how are farmers changing the nutrition profile of eggs? Answer: *changing the food chickens eat.*

Last month (July) we learned how to identify different kinds of fat. Do you remember the three kinds of fat? (saturated, mono/poly unsaturated and trans fats) The egg has primarily saturated fat found in the egg yolk.

The new egg has less cholesterol and no trans fats. Your goal for fat and cholesterol is to have as little saturated and trans fats in your diet as possible and not consume more than 300 mg of cholesterol a day.

Perhaps the healthier egg preparation suggestion (*in red*) would work for you. Ask if anyone has tried this technique in egg preparation. Did you like the results? Could you tell a difference? What were the differences?















Chef Charles Says Listen to the Messages

Props:

- Granular white sugar
- Teaspoon
- Samples of sweetened beverages

Activity

Note to educator:

Sugar is one type of carbohydrate. It can be natural sugar (occurs naturally in juice and milk) or it can be added to beverages (soda, for example). Carbohydrates and sugars are listed on food labels. The ingredient list will help people find what type of sugar is used to sweeten a beverage. All types of white milk have about the same amount of natural sugar - only the fat content varies. Flavored milk has added sugar (strawberry and chocolate, for example).

Choosing to drink less sugary drinks is a key message found in both the Dietary Guidelines and the new Choosemyplate.gov. Why? Increased consumption of added sugars paralleled the increase in weight for adults in a study reported at the American Heart Association National meeting in 2011. Researchers compared consumption of added sugar in adult diets and body weight between 1982 and 2009. They found a significant rise in both during the 27 years. Sugary drinks include beverages such as soft drinks, sweetened tea and juice drinks. Choosing water or low-fat milk is the best.

When you are choosing what to drink, do you know the amount of sugar that is in the beverage? Let's do an experiment.

Beverages With Added Sugar (4 grams of carbohydrate = 1 teaspoon sugar)			
	Grams of Carbohydrate/ Sugar	Teaspoons of Added Sugar	
Cola (12 oz)	39	10	
Orange drink like Sunny-D (8 oz)	27	7	
Lemon-lime soda (8 oz)	37	9	

Beverages Without Added Sugar			
	Grams of Carbohydrate/ Sugar	Teaspoons of Natural Sugar	
Milk (8 oz)	12	3	
Bottled Water	0	0	

Display a sample of sweetened beverages. Using a teaspoon measuring spoon, measure the number of teaspoons of sugar in the containers. If you have a sweetened beverage that is not on this list follow this formula to determine the number of teaspoons of sugar in the beverage.

of gm sugar = # of teaspoons of sugar

Why is the amount of sugar in a drink important? (extra calories can cause weight gain) In fact research found in the newsletter tells us that as our consumption of sugary beverages increased so did







body weight in the country. The message to remember is drink less sugary beverages and drink more water and low-fat milk (fat-free and 1%).

Chef Charles Asks the Questions

Props:

- Egg
- Create 3 cards
 - o 300 mg
- o 186 mg
- o 372 mg

Activity

How Many Eggs Can I Eat Each Day?

The 2010 Dietary Guidelines advise, "Evidence suggests that one egg (really the yolk) per day does not result in increased blood-cholesterol, nor does it increase the risk of heart disease in healthy people." The Guidelines still advise limiting dietary cholesterol to 300 mg daily, so a typical two-egg meal made with the "updated" eggs puts even healthy people over the top. And people at risk of heart disease should stay under 200 mg of dietary cholesterol daily.

People who have been told to lower their cholesterol levels by changing what they eat should first focus on achieving and maintaining a healthy body weight and cutting the saturated and trans fat in their diet. For some, eating an egg a day is fine, especially if you do not have high cholesterol levels. For people with high cholesterol, limiting daily egg consumption is a good idea.

Hold up egg. Ask the group: How many of you like to eat an egg for breakfast? There are many ways to prepare an egg. What are your favorite ways to cook an egg?

What advice have you heard about eating eggs? *Answer:* I have high cholesterol so I should not eat eggs.

Let's look at Chef Charles to see what recommendations are in the newsletter.

First, we know the recommendation for cholesterol for everyone is 300 mg a day. (give first volunteer the 300 mg card)

Second, how much cholesterol is in one 'new' egg. 186 mg. (give volunteer the 186 mg card)

When you cook eggs, how many do you usually cook? (2) How much cholesterol is in 2 'new' eggs? (372 mg)

Some of you have high cholesterol and some of you do not. For some, eating an egg a day is fine, especially if you do not have high cholesterol levels. For people with high cholesterol, limiting daily egg consumption is a good idea.







300 mg

186 mg

372 mg







Get The News

Props:

- Scales or picture of scale
- Exercise shoes
- Egg

Activity

3 ways to Prevent Sarcopenia

Sarcopenia is the age-related loss of muscle mass, strength and function. Any loss of muscle mass is important because there is a strong relationship between muscle mass and strength. To reduce muscle losses as you age consider these tips.

1. Avoid excess weight gain.

Extra pounds are a strong predictor of physical disability, and can take a toll on bones, joints and your heart. Weight gain, by contributing fat to the muscle, may also reduce muscle strength. (scales)

2. Remain physically active.

Resistance exercise can keep muscles strong or make muscles stronger. Maintain and increase that physical activity. **(exercise shoes)**

3. Eat a varied, nutritious diet.

Keep your muscles flexing and blood pumping by eating an adequate amount of protein along with a hearty helping of whole grains, fruit and vegetables. Older adults should plan to eat 25-30 gm of protein at each meal to minimize muscle loss. (egg) Source: Tufts University's Nutrition, Exercise, Physiology & Sarcopenia Lab, Spring, 2011.

Say to the group: Sarcopenia is the loss of muscles in your body. And this loss can lead to loss of strength. How do you stop it? Chef Charles had three good ideas. Hold up each item in red and then read the reason this is important. The egg is a good source of protein as well as other protein sources include:

Protein source	Protein in grams per
One whole egg	6 gm
Ground beef (1 ounce)	7 gm
Milk (8 ounces)	8 gm







Be Active

Props:

None

Activity

Consider Walking Sticks

Walking sticks or walking poles may be a new idea for you. They are used to enhance walking as you exercise. Walkers and hikers use poles to increase the intensity of the exercise and increase upper body strength. Pole exercise involves upper body and abdominal muscles, and raises the heart rate higher than regular walking. The activity is like "cross-country skiing for walkers." The added intensity increases the number of calories burned and improves stability. Walking poles are helpful because they relieve the load that walking can place on knees, hips, ankles and lower back. Walking with poles might be just what you are looking for to spice up your walking routine. As always, when you try a new exercise remember to start slow while you learn how to use the poles. Look for walking sticks at most sports equipment businesses.

Ask the group: How many of you have taken a walk and stopped to pick up a strong stick to help you walk? It is a very natural thing to do. Please look inside the newsletter at the picture in the Be Active column. The people in the picture are not using sticks they picked up but they are the same idea. Have any of you tried the walking sticks or seen someone using the sticks?

Looking at the article, what do you see are benefits of the walking sticks?

- Increase intensity of exercise
- Increase upper body strength
- Raise exercise heart rate
- Burn more calories
- Improve stability
- Support joints like knees, hips, ankles, lower back







Food Safety

Props:

Egg



Never Eat Eggs Raw

Eggs require special care with handling and preparation to avoid food poisoning. Thorough cooking is an important step in making sure eggs are safe. If you use an egg dish for a quick meal remember the following tips.

Egg Dish	Recommendations
Scrambled Eggs	Cook until firm, not runny.
Fried, poached, boiled or baked eggs	Cook until both the white and the yolk are firm.
Egg mixtures (example: casseroles)	Cook until the center reaches 160 °F using a food thermometer.
Homemade ice cream or eggnog	Use a cooked egg-milk mixture that is heated to 160 °F or use pasteurized eggs or egg products found in the refrigerator section.
Meringue-topped pies	Bake at 350 °F for about 15 minutes. Avoid chiffon pies and fruit whips made with raw, beaten egg whites. Substitute whipped cream or a whipped topping.

Activity

Show whole egg to group. Would you eat this egg without cooking it? USDA recommends that you never eat raw eggs because of the possibility of food poisoning. So how much cooking is required to make an egg dish safe? Let's look at the suggestions. Read each section and discuss. Remember to store the leftover egg dish in the refrigerator shortly after the meal. Never leave the dish at room temperature. And when you cook be sure to wash your hands after touching a raw egg.







Snacks

Teaching Points:

- Cherry tomatoes may be difficult to fill. Try a Roma tomato half.
- This is a great idea for left over corn on the cob.
- The fat in this recipe is a monounsaturated.
- For a flavor boost, add fresh herbs like thyme or basil.

Corn With Tomatoes Snack

1/2 cup left over sweet corn cut from the ear2 teaspoons olive oil1/4 cup shredded cheese1/4 cup chopped onions5-6 cherry tomatoes, cut in half and hollowed

Mix together all the ingredients except for the tomato halves. Fill tomato halves with mixture. Season with salt and pepper. Chill before serving.

Makes 6 servings. Each serving contains: 52 calories; 5gm cholesterol; 33mg sodium; 5g carbohydrates; 84 mg potassium; 11mcg folate.







Did	l You Learn An	y New Ideas?	Your Answers	
1.	The 'new' egg has	s less and more		
2.	Why is the amour	nt of sugar in a drink important?		
3.	Sarcopenia is	·		
4.	Name of device that helps increase the results of walking.			
5.	Never eat a raw egg because of			
Co sites Ad City	s for which you are dress y, State and Z one Number			
	Month	# Newsletters	# Incentives	
	ugust, 011	Congregate Meal Site Participants	The incentive for July-September is a shopping bag. If you did not receive yours in July, please indicate how many are needed	

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DI	a 70u Learn Any New Ideas:	Your Answers
1.	The 'new' egg has less and more	Cholesterol, vitamin D
2.	Why is the amount of sugar in a drink important?	Extra calories can cause weight gain
3.	Sarcopenia is	Loss of muscle mass, strength and function
4.	Name of device that helps increase the results of walking.	Walking sticks
5.	Never eat a raw egg because of possiblity for .	Food poisoning

Chef Charles Says...

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This material was funded by the Iowa Nutrition Network and USDA's SNAP. SNAP provides nutrition assistance to people with Iow income. Food assistance can help you buy nutritious foods for a better diet. To find out more about Iowa's Food Assistance Program, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-877-937-3663.

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